

Tasty Tots

Meal Components: Vegetable - Red / Orange, Vegetable - Other

Side Dishes, I-23r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsely shredded	12 lb	2 gal 2 qt	24 lb	5 gal	1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: 3. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
Canned low-sodium garbanzo beans (chickpeas), with liquid	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	13 lb 12 oz	2 gal 1 1/2 qt (2 No. 10 cans)	
Vegetable oil		1 cup		2 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh green onions, finely diced	6 oz	1 3/4 cups	12 oz	3 1/2 cups	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

Ground cinnamon		1 Tbsp 1 tsp	2 Tbsp 2 tsp
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz
			1 cup

4. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.
5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
6. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes.
7. Critical Control Point: Hold at 135 °F or higher for hot service.
8. Serve 6 tots.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

†The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Sweet potatoes	19 lb 12 oz	39 lb 8 oz
Green onions	7 1/2 oz	15 oz

Serving	Yield	Volume
6 tots provides: 3/8 cup red/orange vegetable and 3/8 cup other vegetable.†	50 Servings: about 14 lb 10 oz	50 Servings: 300 tots
	100 Servings: about 29 lb 4 oz	100 Servings: 600 tots

Nutrients Per Serving					
Calories	186.22	Saturated Fat	0.41 g	Iron	1.52 mg
Protein	4.79 g	Cholesterol		Calcium	55.16 mg
Carbohydrate	31.66 g	Vitamin A	15408.01	Sodium	381.06 mg
Total Fat	4.92 g		IU	Dietary Fiber	5.54 g
		Vitamin C	18.61 mg		